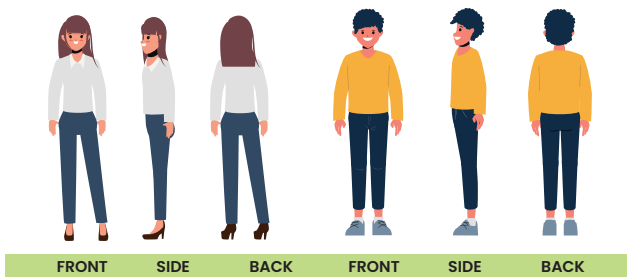
How to Track Your Progress

Keep track of your progress in improving your fitness. Take the same measurements about four weeks after you begin your fitness program and periodically afterward.
Each time you repeat your assessment, celebrate your progress and adjust your fitness goals accordingly. Share your results with your doctor or personal trainer for additional guidance.

Process: In your journal on a blank page write down these below and take the test again to see how far you have come. Then record the results every 4 weeks and onwards.

Aerobic fitness: Running or jogging test.
Muscular strength and endurance: Push-up test.
Core strength & stability test: Plank.
Body composition: Body mass index.

Bonus: You can take photos of your body with minimal clothing from front, back and from the sides in each 4 weeks to see how your body is changing too.
Example:

(This is only for people who have an aesthetic goal. For general well-being this is not needed)